

Local Wellness Policy Activity & Assessment Survey SY 2021-2022

To be completed annually by school administrators with the help of any school staff that may be involved with any aspect of student wellness per Policy # J-4950 © JL This tool is meant to be a collaborative effort between you and your staff.

The primary goal of this assessment, which has been developed by the ADE, is to assess and evaluate the effectiveness of the Local Wellness Policy at each school in promoting healthy eating and changing the program as appropriate to increase its effectiveness. The survey results will help the HUSD School Health Advisory Committee better understand and serve the wellness needs of our families and students.

The results of each evaluation, including the extent to which schools are in compliance with District policy, the extent to which the District policy complies with federal regulations, and a description/summary of the progress made in attaining the goals of the District, shall be made available to the public.

A report of findings will be reviewed with each school site administrator within two weeks of the completion of the evaluation. In addition, the results will be shared with the HUSD School Board the May 2022 Meeting.

This evaluation needs to be completed by May 2, 2022.

Please contact Pamela Liuzzo at 759-5017 or pamela.liuzzo@humboldtunified.com with any questions you have about the survey.

Thank you.

The respondent's email (danette.derickson@humboldtunified.com) was recorded on submission of this form.

Person(s) completing survey:

Danette Derickson

1. Wellness Goal

Nutrition Program: Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment

Encourages participation in meal programs (School Breakfast, National School Lunch, After School Care Snack, Fresh Fruit and Vegetable Program etc.)

- Successfully completed
- Working on this
- Not actively working on this

School meal program menus are posted on the school website.

- Successfully completed
- Working on this
- Not actively working on this

Participation in meal programs is promoted to families.

- Successfully completed
- Working on this
- Not actively working on this

Messages about agriculture and nutrition are reinforced throughout the learning environment.

- Successfully completed
- Working on this
- Not actively working on this

School hosts a school garden.

- Successfully completed
- Working on this
- Not actively working on this

School hosts field trips to local farms.

- Successfully completed
- Working on this
- Not actively working on this

School utilizes promotions or special events to highlight local/regional products.

- Successfully completed
- Working on this
- Not actively working on this

Wellness Goal: Nutrition Education

Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program to provide students with the knowledge and skills needed to safeguard health and make positive choices, or nutrition education can be offered as sequential individual lessons throughout the school year.

Nutrition education is taught in the following grades:

K

1

2

3

4

5

6

7

8

9

10

11

12

Elementary Schools: Nutrition education is offered as part of sequential, comprehensive standards-based health education curriculum.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Nutrition education is taught through other subjects like math, science, language arts, social sciences and electives.

- Successfully Completed
- Working on this
- Not actively working on this

Health education teachers provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

- Successfully Completed
- Working on this
- Not actively working on this

Teachers and other staff receive training in nutrition education.

- Successfully Completed
- Working on this
- Not actively working on this

Media literacy is taught with an emphasis on food and beverage marketing.

- Successfully Completed
- Working on this
- Not actively working on this

Nutrition education is taught in collaboration with community partner.

- Successfully Completed
- Working on this
- Not actively working on this

Nutrition education is included in health education lessons or physical education and the following topics are covered (Check all that apply):

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using the FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits and vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugar
- Eating more calcium rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, press and peers
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Accepting body size difference
- Influencing, supporting, or advocating for others' healthy dietary behavior

Lessons link with school meal programs, cafeteria nutrition promotion activities, school gardens/Farm to School, and other nutrition related community activities.

- Successfully Completed
- Working on this
- Not actively working on this

Nutrition Education Includes these experiential, hands on learning experiences:

Cooking Demonstrations

- Successfully Completed
- Working on this
- Not actively working on this

Taste testing

- Successfully Completed
- Working on this
- Not actively working on this

Promotion of new school menu items

- Successfully Completed
- Working on this
- Not actively working on this

School Garden

- Successfully Completed
- Working on this
- Not actively working on this

Farm Tours

- Successfully Completed
- Working on this
- Not actively working on this

Wellness Goal: Physical Activity: Regular physical activity in childhood and adolescence is important for physical and socio-emotional health. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.

Physical activity of any kind is available for at least 20 minutes per day for all students.

- Successfully Completed
- Working on this
- Not actively working on this

Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) is not used or withheld as punishment for any reason.

- Successfully Completed
- Working on this
- Not actively working on this

The district provides teachers and other school staff with a list of ideas for alternative ways to discipline students.

- Successfully Completed
- Working on this
- Not actively working on this

A comprehensive school physical activity program (CSPAP) is used to coordinate physical activity before, during and after school.

- Successfully Completed
- Working on this
- Not actively working on this

To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active.

- Successfully Completed
- Working on this
- Not actively working on this

Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces are open to students, their families, and the community outside of school hours.

- Successfully Completed
- Working on this
- Not actively working on this

School ensures that inventories of physical activity supplies and equipment are known and, when necessary, work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

- Successfully Completed
- Working on this
- Not actively working on this

Before & After School Activities

Students have opportunities to participate in physical activity before school.

- Successfully Completed
- Working on this
- Not actively working on this

Students have opportunities to participate in physical activity after school.

- Successfully Completed
- Working on this
- Not actively working on this

Physical Education:

In Arizona, LEAs are recommended to review the Arizona PE Standards. Arizona does not have PE requirement, but the national recommendation for PE minutes is 150 per week at the elementary level and 225 minutes per week at the secondary level (middle school and high school level).

Elementary students in each grade receive physical education for at least (choose one):

- 45 minutes per week
- 60-89 minutes per week
- 90-149 minutes per week
- 150 or more minutes per week
- Not Applicable

Secondary students are (choose one):

- Required to take one physical education credit total
- Will take more than one academic year of physical education
- Will take physical education throughout all secondary school years
- Not Applicable

Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.

- Successfully Completed
- Working on this
- Not actively working on this

Physical education program promotes student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment).

- Successfully Completed
- Working on this
- Not actively working on this

Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

- Successfully Completed
- Working on this
- Not actively working on this

Physical education teachers participate in professional development at least once per year.

- Successfully Completed
- Working on this
- Not actively working on this

Physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.

- Successfully Completed
- Working on this
- Not actively working on this

Waivers, exemptions, or substitutions for physical education classes are not granted.

- Successfully Completed
- Working on this
- Not actively working on this
- Other:

Physical education may not be substituted for any other class (i.e. dance, marching band, ROTC etc.)

- Successfully Completed
- Working on this
- Not actively working on this

Recess

Elementary schools provide at least 20 minutes of recess on all days during the school year.

- Successfully Completed
- Working on this
- Not actively working on this

If recess is offered before lunch, proper hand washing measures are in place.

- Successfully Completed
- Working on this
- Not actively working on this

Recess is offered outdoors when weather is feasible.

- Successfully Completed
- Working on this
- Not actively working on this

Recess is a compliment to, not a substitute for physical education class.

- Successfully Completed
- Working on this
- Not actively working on this

Recess monitors encourage students to be active.

- Successfully Completed
- Working on this
- Not actively working on this

Recess monitors serve as role models by being physically active along with students.

- Successfully Completed
- Working on this
- Not actively working on this

Classroom Physical Activity Breaks & Active Academics

Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day on all or most days during a typical school week.

- Successfully Completed
- Working on this
- Not actively working on this

Teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week.

- Successfully Completed
- Working on this
- Not actively working on this

Teachers receive resources, tools, and technology with ideas for classroom physical activity breaks.

- Successfully Completed
- Working on this
- Not actively working on this

Teachers incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible to reduce sedentary behavior during the day.

- Successfully Completed
- Working on this
- Not actively working on this

Teachers serve as role models by being physically active along side students whenever possible.

- Successfully Completed
- Working on this
- Not actively working on this

Physical Activity in Health Education

Health education is required in all elementary grades.

- Successfully Completed
- Working on this
- Not actively working on this

Middle and high school students are required to take and pass at least one health education course.

- Successfully Completed
- Working on this
- Not actively working on this

The following essential topics on physical activity are in the health education curriculum (check as many as are applicable):

- The physical, physiological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session including warm up, workout, and cool down
- Decreasing sedentary activities such as TV watching
- How to influence, support, or advocate for others to engage in physical activity
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, including determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity
- Dangers of using performance-enhancing drugs such as steroids
- Social influences on physical activity including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- Overcoming barriers to physical activity
- How to resist pressure that discourages physical activity

Active Transport to/from School

Safe or preferred routes to school are designated.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Activities such as participation in international Walk to School Week are promoted.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Crosswalks on streets leading to school are used.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Secure storage facilities for bicycles and helmet are present on school grounds.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Instruction on walking/bicycling safety is provided to students.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Crossing guards are used.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Walking school buses are coordinated.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

The number of children walking and/or biking to and from school is documented.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Maps of the school environment (sidewalks, crosswalks, roads, pathways, bike racks) are distributed.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Safe routes to school program is promoted to students, staff, parents via newsletters, websites, and local newspaper.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Other Activities that Promote School Wellness

School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Relationships with Community Partnerships in activities that promote wellness (check all that apply).

- Hospital
- Universities/Colleges
- Local Businesses
- SNAP-Ed (AZ Health Zone) Providers
- None
- Other:

The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and the general community throughout the school year (i.e. the school provides information about nutrition and physical activity to parents throughout the year).

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Electronic and non-electronic mechanisms are used to ensure that all families are notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

The school participates in a staff wellness committee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Please list below any strategies your school implements to support your staff in actively promoting and modeling healthy eating and physical activity behaviors.

The school promotes staff member participation in health promotion programs.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

School has a healthy meeting policy for all events with available food options to optimize healthy food options.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

The school offers or promotes annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

Each school has a health professional on site for at least half the school day.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

The school hosts a health fairs.

- Successfully Completed
- Working on this
- Not actively working on this
- Not applicable

School Meal Standards

At a minimum, the school meal standards should meet the New Meal Pattern requirements. This section also includes standards for the meal service area, menu composition (use of local produce) and guidelines for water availability during meals.

National School Breakfast & Lunch Programs

Students are served lunch at a reasonable and appropriate time of the day.

- Yes
- No

(Elementary only) Lunch follows recess to better support learning and healthy eating.

- Yes
- No

How much time do students have to eat lunch? Check one.

- Students have more than 30 minutes of seated time (ADE best practice).
- Students have more than 20 minutes of seated time.
- Students have more than 10 minutes of seated time.
- Students have less than 10 minutes of seated time
- Other:

Does your school provide alternative breakfast? Check all that apply.

- Yes, in the classroom
- Yes, via mobile grab and go carts.
- No, breakfast is only served in the cafeteria.
- Other:

Meals are appealing and attractive to students.

- Yes
- No
- Other:

Meals are served in clean and pleasant settings.

- Yes
- No
- Other:

Students are allowed to bring and carry approved water bottles with only water in them throughout the day.

Yes

No

Other:

Competitive Food & Beverage (Sold to Students)

Competitive foods and beverages are sold outside of and in competition with federally reimbursable meal programs. At a minimum, LEAs must ensure all foods and beverages sold on campus, during the school day defined as midnight to 30 minutes after the end of the school, meet the USDA Smart Snack guidelines for grades K-12. LEAs can establish additional standards.

Foods and beverages sold outside the school meal programs meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day (midnight to thirty minutes after the end of the school day). This applies to items sold: (Check all that apply).

A la carte

In student stores

In vending machines

Not applicable, this school does not sell competitive foods or beverages.

Other:

Celebrations & Rewards (Food Served to Students)

Arizona Nutrition Standards (ANS) state that all food and beverages supplied at school sponsored events to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines. The USDA's Smart Snacks in Schools and ANS guidelines do not apply to foods brought to school in bagged lunches or for activities such as birthday parties, holidays, or other celebrations.

School Sponsored Events

Foods and beverages served to students in grades K-8 meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).

- Yes
- No
- Not applicable

Foods and beverages served to students in grades 9-12 meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).

- Yes
- No
- Not applicable

Fundraising

In Arizona, all fundraisers are exempted from the Smart Snacks guidelines when an exemption request form is submitted, per HNS 04-2015. However, no exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. LEAs have the authority to implement more restrictive fundraising food standards.

The school does not allow exempt fundraisers. All food sold on campus during the school day as part of a fundraiser must meet Smart Snacks guidelines.

- Yes
- No
- Other:

The school allows infrequent, exempt fundraisers, where food sold on campus during the school day does not meet Smart Snacks guidelines.

- Yes
- No
- Other:

The school adheres to the district's exemption request to ADE for all food- related fundraisers, intended for consumption on school campus during the school day, that do not meet the Smart Snacks guidelines.

- Yes
- No
- Other:

The district fundraising policy is distributed to all parents/guardians.

Yes

No

Other:

Food & Beverage Marketing

Schools that allow marketing of food and beverages to students must include plans and policies that allow the marketing of only those foods and beverages that may be sold on the school campus during the school day (i.e. that meet the USDA's Smart Snacks in Schools) LEAs have the discretion to enact broader policies that address marketing that occurs at events outside of school hours.

All foods and beverages advertised on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition guidelines. These guidelines apply to (Check all that apply).

Vending machine exteriors

School equipment such as marquees, message boards, scoreboards, busses etc.

Cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment

Posters, book covers, school supplies displays etc.

Advertisements in school publications or mailings

Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product

Other:

District Wellness Committee (SHAC)

The District is required to convene a representative district wellness committee that meets to establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy. Schools also have the option of establishing wellness teams.

The school within the district has an on-going school wellness committee (School Health Advisory Committee- SHAC) to review school-level, health related issues in coordination with the District Wellness Committee.

Yes

No

Your school has designated a wellness policy coordinator who will ensure compliance with the policy at the school level.

Yes

No

Name & Position/Title of the designee(s) is: Pamela Liuzzo/District Nutritionist

Implementation, Monitoring, Accountability & Notification

Once the wellness policy is written, the district will need to communicate to the goals and policies to all schools. Schools will then implement the policies and begin working toward the goals as appropriate. The implementation of the policies should be consistent across all schools, but the actions that work toward meeting the goals may vary from school to school.

School conducted a school-level assessment prior to developing an implementation plan. The assessment used was:

- The Alliance for a Healthier Generation Healthy Schools Program
- The School Health Index
- Action for Healthy Kids Game On program
- Did not conduct a school level assessment.
- Other:

Do you have any additional suggestions or concerns about how the SHAC can support each school site in regard to student or staff wellness initiatives?

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Thank you for completing this survey! Again, if you have any questions please contact Pamela Liuzzo at 759-5017 or pamela.liuzzo@humboldtunified.com

Untitled Title

This form was created inside of Humboldt Unified School District.

Google Forms